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AVENATTI CHARGED

Trump critic Michael Avenatti arrested in
Nike extortion scam. 4

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JAY MAIDMENT

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MONEY BALL FOR SALE



Why Chris Sale will make the
massive contract he signed with
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THINGS
TO
KNOW

Israeli military strikes Hamas targets in Gaza.

Israel launched air strikes in the Gaza Strip on Monday after a rocket attack near Tel Aviv wounded seven people, prompting Prime Minister Benjamin Netanyahu to cut short a visit to the United States.

Netanyahu had threatened strong retaliation for the long-range rocket salvo amid accusations from opponents in a closely contested election, two weeks away, that he has been showing weakness in the face of security challenges from Gaza militants.

"The Israel Defense Forces have begun striking Hamas terror targets throughout the Gaza Strip," the military said in a statement.

Netanyahu, who arrived in Washington on Sunday for a four-day visit, said he would fly home right after meeting President Donald Trump at the White House on Monday.

The Israeli military said Hamas, the armed Islamist group that rules Gaza, launched the rocket that destroyed a house in Mishmeret, a village north of Tel Aviv.

There was no claim of responsibility for the early-morning attack. The military said Hamas fired the rocket from about 120 km (75 miles) away, making it the longest-range attack from Gaza causing

Israel carries out air strikes in Gaza after rocket attack near Tel Aviv



REUTERS

casualties since a 2014 war.

"It just made me feel really unsafe all of a sudden, which is a feeling I'm not used to."

Nitzan Shifrin, 19-year-old resident of Mishmeret

Palestinian security officials said Israeli warplanes attacked targets across the coastal enclave. Palestinian radio stations and Hamas TV played patriotic songs calling for "resistance" against Israel.

There were no immediate reports of casualties in the Gaza Strip. Many targets were likely to have been evacuated in the hours following Netanyahu's initial warning of retaliation shortly after the rocket strike.

Condemning the attack from Gaza, Trump told reporters with Netanyahu at his side that Israel has the "absolute right" to defend itself.

"Israel will not tolerate this. I will not tolerate this," Netanyahu said about the rocket strike. "And as we speak ... Israel is responding forcefully to this wanton aggression."

Israel's Magen David Adom ambulance service said it treated seven people in the Israeli village, including an infant,

a 3-year-old boy, a 12-year-old girl and a 60-year-old woman who was suffering from blast injuries, burns and shrapnel wounds.

"It just made me feel really unsafe all of a sudden, which is a feeling I'm not used to," said Nitzan Shifrin, a 19-year-old resident of Mishmeret.

The Israeli military said it was assigning two brigades to the Gaza area and some reservists were being called up. Reuters witnesses saw troops moving toward the border, where the military also closed several roads to civilian traffic.

"We are prepared for a wide range of scenarios," chief spokesman Ronen Manelis said.

Israeli towns near Gaza

and Tel Aviv, Israel's commercial capital, opened bomb shelters in anticipation of rocket strikes.

HIGH TENSION

The rocket attack coincided with tension ahead of the March 30 anniversary of Gaza protests that have included Palestinian attempts to breach the frontier and often lethal Israeli fire.

Gaza authorities have said that some 200 people have been killed by Israeli fire in the protests. An Israeli soldier was killed by a sniper along the frontier.

The protesters demand the right to return to land from which their ancestors fled or were expelled in fighting that accompanied Israel's found-

ing in 1948.

Israeli-Palestinian peace talks have been frozen since 2014.

The Gaza war that year was the third between Israel and Hamas in a decade. More than 2,100 Palestinians, most of them civilians according to the Gaza health ministry, were killed in seven weeks of fighting. Sixty-six Israeli soldiers and seven civilians in Israel were killed.

Some commentators in Israel drew a link between Monday's rocket fire and recent street protests in Gaza against higher prices, demonstrations which the United Nations said triggered a Hamas campaign of arrests and violence.

REUTERS

Apple spotlights services with TV, gaming offerings

2 Apple Inc. attempted to reintroduce itself on Monday as an entertainment and financial services company that also makes iPhones as it launched a streaming television service, a credit card and an online gaming arcade. The world's second-most valuable technology company lifted the curtain on a television and movie service called Apple TV+ that will stream original television shows and movies to a television-

watching app for users of its 1.4 billion gadgets worldwide, as well as owners of smart TVs and other devices. But Apple, known in the tech industry for keeping its products secret until they are finished, left out key pricing details for several of its new services, unnerving investors and sending its shares down slightly. The move could be seen as a first step to challenging streaming-video leaders Netflix and Amazon.

Women diagnosed years after men for same diseases

3 For a wide range of diseases, diagnosis comes later in life for women than for men, according to a large Danish study. Researchers don't know whether the later diagnoses are due to genetics, the environment, possible biases in the health care system — or some combination of reasons. The study of health data from 6.9 million Danish people found that across hundreds of diseases, women on average were diagnosed

when they were about four years older than the age at which the conditions were recognized in men. "We're not just looking at one disease here, we're looking at all diseases and we are looking at an entire population, from cradle to grave," lead author Søren Brunak from the University of Copenhagen told Reuters Health by phone. On average, women received cancer diagnoses 2.5 years after men.

Duke University settles fake-data case for \$112.5M

4 Duke University agreed to pay \$112.5 million to settle claims by a whistleblower that a former research technician knowingly submitted fake data in applications for federal research grants, the U.S. Department of Justice said on Monday. The accord resolves claims by a former Duke laboratory research analyst who said the Durham, North Carolina-based university knew that Erin Potts-Kant used fraudulent data to

obtain grants from the National Institutes of Health, the Environmental Protection Agency and other agencies. False claims were submitted in connection with 30 grants, starting in 2006, causing agencies to award funds that they would not otherwise have paid, the Justice Department said. "We expect Duke researchers to adhere always to the highest standards of integrity," Duke President Vincent Price said.

Massachusetts Breast Cancer Coalition's

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NEWS

Trump critic Michael Avenatti arrested in Nike extortion scam: Prosecutors

The former lawyer for porn star Stormy Daniels is also charged with embezzlement and using fraudulent documents to obtain loans.

Michael Avenatti, the lawyer who represented adult-film star Stormy Daniels in her legal battles with U.S. President Donald Trump, was charged Monday with extortion in what a federal prosecutor called an attempt to "shake down" Nike Inc. for over \$20 million.

Avenatti, who was also hit with separate federal charges of embezzlement and fraud in California, was arrested in New York and was scheduled to make his initial court appearance later in the day, authorities said.

Avenatti, who lives in Los Angeles, could not be reached for comment.

Prosecutors said Avenatti and an unnamed co-conspirator met with Nike's attorneys on March 19 and said they had a client, a former amateur athletic coach, who had evidence that Nike employees had bribed top high school players to play for Nike-sponsored teams.

A former executive at Nike rival Adidas was recently convicted in federal court in Manhattan of participating in a similar scheme, part of a sweeping probe by prosecutors of corruption surrounding the National Collegiate Athletic Association. The case, which is ongoing, has ensnared several prominent basketball coaches.

Avenatti told Nike he would go public unless it paid his client \$1.5 million and hired him to conduct an internal investigation for between \$15 million



Lawyer Michael Avenatti, who represented Stormy Daniels in her legal battles against U.S. President Donald Trump, was arrested on Monday. **REUTERS**

and \$25 million, according to the complaint. Avenatti also offered to accept a \$22.5 million payment for his silence, prosecutors said.

In one call, Avenatti threatened, "I'll go take 10 billion dollars off your client's market cap... I'm not

f—king around," according to the complaint.

The charges were revealed shortly after Avenatti said on Twitter that he would hold a news conference on Tuesday to reveal "a major high school/college basketball scandal" that reached "the

highest levels of Nike."

"A suit and tie does not mask the fact that, at its core, this was an old-fashioned shakedown," Geoffrey Berman, the U.S. Attorney in Manhattan, said at a news conference.

Nike said in a statement that it "will not be extorted" and alerted investigators to Avenatti's demands immediately.

Federal prosecutors in California unveiled separate charges against Avenatti on Monday, accusing him of misusing a client's \$1.6 million settlement to pay for his own expenses as well as those for his coffee business.

He was also charged with defrauding a Mississippi bank of \$4.1 million in loans by submitting false tax returns for 2011-2013 that inflated his income.

Avenatti faces up to 30 years in prison on the most serious charge in California and up to 20

years for the top charge in New York.

He gained international notoriety for representing Daniels, the porn star whom Trump is accused of paying off shortly before the 2016 election to keep quiet about an alleged affair. Trump has denied having an affair with Daniels, whose real name is Stephanie Clifford.

Daniels, who is no longer represented by Avenatti, 48, said she was "saddened but not shocked" by his arrest.

"I made the decision more than a month ago to terminate Michael's services after discovering that he had dealt with me extremely dishonestly," Daniels said on Twitter.

Avenatti became one of Trump's most visible foils as a result of the Daniels scandal, frequently appearing on cable television and publicly flirting with a presidential campaign.

REUTERS

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In your 20s: Lay a foundation

Many people come into their 20s in college and cross the bridge to 30 with a decent, if short, career history.

The good news: You have time to recover from

bad decisions. The bad news: Any unwise habits you form now could stick with you.

"This is the best time to make saving money a priority and the best time to avoid some pitfalls like getting into a lot of credit card debt," says Ted Schumann II, managing partner of independent registered investment advisory firm The DBS Companies.

Create a reasonable budget that aligns with your priorities and includes at least some allocation toward savings, even if it's a small one. That money should go toward building a small emergency cushion and into an employer retirement plan that matches your contributions — like a 401(k) — if you have one. If not, open an individual retirement account.

In your 30s: Hit your savings goals

These might be your best investing years, so it pays to use them wisely.



While previously you may have been scraping bits together, now it's time to get focused. The goal: saving 15 percent of your income for retirement. Investing early gives your money time to grow through compound interest.

This is also when you might find yourself juggling other goals. That budgeting habit you formed in your 20s will pay off.

In your 40s: Take stock of where you stand

If you've been consistently saving for the better

part of two decades, you probably have a nice pile of money. If you haven't yet figured out how far that money will get you in retirement, now's the time to do so.

A retirement calculator will give you a good idea of your savings progress, and tell you whether you need to ramp things up, keep cruising along or even — in some rare cases — dial back.

In your 50s: Catch up while you can

The IRS knows that many people are behind in saving for retirement, and

so it throws out a bone for people this age: The contribution limits for tax-advantaged retirement accounts like 401(k)s and IRAs increase for those over 50.

These catch-up contributions allow you to put an extra \$6,000 into a 401(k) and an extra \$1,000 into an IRA every year. That brings the contribution limits for these accounts to \$25,000 for a 401(k) and \$7,000 for an IRA in 2019.

In your 60s: Shift your focus

Many people retire in their 60s. According to analytics firm Gallup, non-retired Americans expect

to retire at age 66.

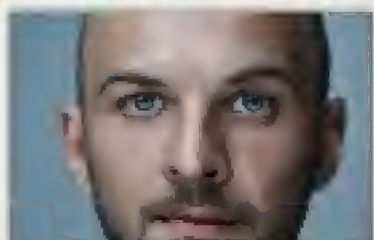
That means it's time to make some concrete plans. When will you stop working? Do you plan to quit altogether or shift to part-time?

You'll also want to make an income plan for retirement, figuring out how much money you'll receive from Social Security and how much you'll need to draw out of retirement accounts. Keep in mind that your Social Security checks will be higher for each year you delay taking benefits after you reach retirement age — increasing by as much as 8 percent annually — until you turn 70.

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Doctor urges seniors to carry medical alert device

Seniors snap up new medical alert device that comes with no monthly bills

People don't always do what their doctor says, but when renowned emergency room physician, Dr. Philip B. Howren says every senior should have a medical alert device, you better listen up.

"Seniors are just one fall away from being put in a nursing home," Dr. Howren said. With a medical alert device, seniors are never alone. So it keeps them living independently in their own home. That's why seniors and their family members are snapping up a sleek new medical alert device that comes with no monthly bills ever," he said.

Many seniors refuse to wear old style help buttons because they make them look old. But even worse, those medical

alert systems come with monthly bills.

To solve these problems Universal Physicians, a U.S. company went to work to develop a new, modern, state-of-the-art medical alert device. It's called "FastHelp™" and it instantly connects you to free unlimited nationwide help with no contracts, no deposits and no monthly bills ever.

"This slick new little device is designed to look like the pagers doctors wear every day. Seniors love them, because it actually makes them look important, not old," Dr. Howren said.

FastHelp is expected to hit store shelves later this year. But special newspaper promotional giveaways are slated for seniors in select areas. ■



■ **NO MONTHLY BILLS:** "My wife had an old style help button that came with hefty bills every month and she was embarrassed to wear it because it made her look old," said Frank McDonald, Canton, Ohio. "Now, we both have FastHelp™, the sleek new medical alert device that our grandkids say makes us look 'cool' not old," he said. With FastHelp, seniors never have to worry about being alone and the best part is there are no monthly bills ever.

Seniors born before 1956 get new medical alert device with no monthly bills ever

It's just what seniors have been waiting for; a sleek new medical alert device with no contracts, no deposits and no monthly bills that instantly connects you to free unlimited nationwide help with just the push of a button for a one-time \$149 price tag that's a real steal after today's one hundred-fifty dollar instant rebate

The phone lines are ringing off the hook.

That's because for seniors born before 1956, it's a deal too good to pass up.

Starting at precisely 8:30am this morning the Pre-Store Release begins for the World's first-ever medical alert device that comes with the exclusive FastHelp™ One-Touch E 911 Button that instantly connects you to free unlimited nationwide help with no contracts, no deposits and no monthly bills ever.

"It's not like old style monitored help buttons that make you talk to a call center and only work when you're at home and come with hefty bills every month. FastHelp comes with state-of-the-art cellular embedded technology. That means it works



■ **FLYING OUT THE DOOR:** Trucks are being loaded with thousands of new medical alert devices called FastHelp. They are now being delivered to lucky seniors who call the National Rebate Center Hotline at 1-866-211-7349 EXT. HELP780 today. Everyone is calling to get FastHelp, the sleek new medical alert device because it instantly connects you to free unlimited nationwide help with no contracts, no deposits and no monthly bills ever.

(Continued on next page)

(Continued from previous page)

at home or anywhere, anytime cell service is available whether you're out watering the garden, driving in a car, at church or even hundreds of miles away on a tour or at a casino. You are never alone. With just a single push of the One-Touch E Button you get instantly connected to free unlimited help nationwide with no monthly bills ever," said Jack Lawrence, Executive Director of Product Development for U.S. based Universal Physicians.

"We've never seen anything like it. Consumers absolutely love the sleek new modern design and most of all, the instant rebate that practically pays for it and no monthly bills ever," Lawrence said.

FastHelp is the sleek new medical alert device with the rarest of combinations: a quality, high-tech engineered device that's also an extremely great value because there are no monthly bills ever.

Better still, it comes with no contracts, no deposits and no monthly bills ever - which makes FastHelp a great choice for seniors, students and professionals because it connects to the vast available nationwide network of cellular towers for free.

And here's the best part. All those who already have an old style monitored medical alert button can immediately eliminate those monthly bills, which is why Universal Physicians is widely advertising this announcement nationwide.

"So if you've ever felt a medical alert device was too complicated or expensive, you'll want to get FastHelp, the sleek new medical alert device with no monthly bills," said Lawrence.

The medical alert device slugfest was dominated by two main combatants who both offer old style monitored help buttons that require professional installation of a home telephone land line, expensive base station equipment and a hefty bill every month. But

now Universal Physicians, the U.S. based heavyweight, just delivered a knockout blow sending the top rated contenders to the mat with the unveiling of FastHelp. It's the sleek new cellular embedded medical alert device that cuts out the middleman by instantly connecting you directly to highly trained 911 operators all across the U.S. There's absolutely nothing to hook-up or install. You don't need a land line and

you don't need a cell phone. Everything is done for you.

"FastHelp is the World's first-ever medical alert device that makes you look important, not old. Old style monitored help buttons you wear around your neck are the equivalent of a horse and buggy," Lawrence says. "It's just outdated."

Nearly 1.8 million seniors fall every year and spend more than 12 hours lying on the floor helpless

and all alone with no help.

But seniors who fall and get immediate help are nine times more likely to avoid getting sent to a nursing home and get to STAY living in their own home independently.

Yet millions of seniors are still risking their safety by not having a medical alert device. That's because seniors just can't afford to pay the monthly bills that come with old style medical

alert devices.

That's why seniors born before 1956 are rushing to cash in the whopping \$150 instant rebate before the 2 day deadline ends.

So there's no need to wait for FastHelp to hit store shelves later this year because seniors born before 1956 can get it now just by using the \$150 instant rebate coupon printed in today's newspaper before the 2-day deadline ends. If lines are busy keep trying, all calls will be answered. ■

HOW TO GET IT:

► **IF BORN BEFORE 1956:** Use the rebate coupon below and call this Toll-Free Hotline: 1-866-211-7349 EXT. HELP780

► **IF BORN AFTER 1956:** You cannot use the rebate coupon below and must pay \$299 Call: 1-866-330-6586 EXT. HELP780

THE BOTTOM LINE: You don't need to shop around. We've done all the leg work, this deal is too good to pass up. FastHelp with the \$150 instant rebate is a real steal at just \$149 and shipping and there are no monthly bills ever.

PROS: It's the World's first ever medical alert device that comes with the exclusive FastHelp One-Touch E 911 Button that instantly connects you to free unlimited nationwide help with no contracts, no deposits and no monthly bills ever. It's quickly becoming a top pick with consumers because it saves you a ton of money and instantly connects you to one of the largest cellular networks everywhere cell service is available for free making this deal irresistible. Plus it's the only medical alert device that makes seniors look important, not old.

CONS: Consumers can't get FastHelp in stores until later this year. That's why it's so important for seniors born before 1956 to call the National Rebate Center Hotline within the next 2 days. For those who miss that deadline, the sleek little medical alert device will set you back over three hundred bucks.



P/371A UF21124R-1

REBATE COUPON

EXPIRES 2 Days From Today's Publication Date

After Coupon Expires: The FastHelp is \$299.00 plus shipping & handling

\$150 Off



HELP780

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USE THIS COUPON: To get \$150 off FastHelp you must be born before 1956 and call the National Rebate Center Hotline at 1-866-211-7349 EXT. HELP780 before the 2-day rebate deadline ends.

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*"Animal activists
are going to love
Dumbo"*

DANNY DEVITO



Disney classic "Dumbo" returns to theaters 78 years after its 1941 premiere. This time, a live-action version directed by Tim Burton seeks to send a message in favor of animal rights. The film stars Michael Keaton, Eva Green, Collin Farrell and Danny DeVito. DeVito chatted with Metro about his participation and expressed how excited and happy he is to be part of this project. DANIEL CASILLAS, MWN

What do you feel about being part of this new version of "Dumbo"?
I'm really excited to be part of Disney's "Dumbo." It's really fantastic. Look at this guy [points to an image of Dumbo]. He's such a great guy, and he's been doing press with me all day

long. He's not tired at all. Anyway, I was very excited when Tim Burton called me and said he was doing his version of "Dumbo." I was really thrilled to be part of it. I have always had a good time working with Tim. He is an artist, a visual artist, and you know, all

the people in the movie — Michael Keaton, Eva Green and Collin Farrell — we all had a great great time over there.

Did you see the original movie when you were a kid?

Yes. When I was a little boy, I saw it at the movie

theater. I don't remember exactly when, but my sister took me to the movie and I think it was very sensitive. Anyway, it's exciting to be part of this because I would've been very, very upset if I couldn't do this part. You know what I mean? Every once in a while

something comes along that you just don't want to miss. And, you know, actors always go through — you know, sometimes you get a part, sometimes you don't. Sometimes you really wish that you didn't say no. So I had three months of a great time in London. It was really beautiful to watch Tim work.

You play a circus man. What do you think about your character?

Max Medici is a very care-giving guy. He cares about his circus, but you know it's a very tough time in that period for the circus. He cares about people who populate the circus — his clowns, jugglers, strong men, Miss Atlantis, all the people in the circus. There is a team and [they] become his family, and so it's a good character.

One of the main topics is animal abuse and the use of wild animals in shows. What is your opinion on that?

Yeah. There are two things about that. I mean, in the story we make a statement about

that. In fact, without giving it all way, all the people who are animal activists, who feel that [there] shouldn't be any animals in the circus, are going to love this movie. That's the first thing. The second thing is that the only real animals in our movie were snakes and dogs. And the dogs were beautiful, they were very happy.

What about Dumbo?

We were fortunate to have an elephant that never complained about working overtime, because it's a CGI elephant [laughs]. So, everything was good. I can't believe how real he looks, and when you see the way they do it, all the process is amazing. I saw Dumbo come to life over the months I was there.

Why do you think people should go to the movies to see "Dumbo"?

I think there is going to be entertainment. Take everybody, take the kids, the grandparents — everybody should come to see the movie. It's really enjoyable.

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SPORTS

OPINION

MATT BURKE

Matt Burke is the National Sports Editor and a columnist at Metro US. Follow him on Twitter @burke_metro.



The Red Sox have tried to do things the "Patriot Way" in years past, but cycling players in and out of the organization just does not work as well in the sport of baseball.

The Sox let Pedro walk out the door when his contract came up. Ditto for Johnny Damon and countless others.

The thought process had been, "Yeah, this guy won us a championship. But leave emotions at the door when you sit down to negotiate a new deal."

It's cool to be cut-throat, especially around here, where there are as many Belichick wannabes as there are Dunkin' Donuts.

It now seems, however, like the Red Sox don't care much about being cut-throat so long as they're simply playing a smart front office game. And dishing out a \$145 million five-year deal to your best pitcher in Chris Sale is no doubt a smart move.

Sale has been the

EXPECT SALE TO COME THROUGH



Chris Sale holds the Commissioner's Trophy following the Red Sox's World Series victory last October. GETTY IMAGES

American League All-Star Game starter for the past three seasons, and when he's 100 percent, he is the best hurler in the world. Given the contracts that Bryce Harper and Mike Trout just received (two guys who are ringless, by the way), the Sox just got a bargain with Sale.

The big worry, of course, is whether Sale can stay healthy. The guy has the same metabolism as my 4-year-old son and is built like one of those inflatable air dancers you see whipping in the wind outside of a strip-mall H&R Block.

He is not the most durable pitcher of all time, that's for sure, as he's faded down the stretch of the regular season the past two years. He's also going to be 30 years old later this week.

All that said, history and Sale's will to compete at a high level should power him through to 2024.

Former Yankees great Mariano Rivera was 185 pounds (Sale is listed as 180 ... but let's check the scale on that one) and pitched in the Bronx until he was 43. Former Mariners and Diamondbacks great Randy Johnson had to have had a 26-inch waist and pitched until he was 45. The aforementioned Pedro was a beanpole for the majority of his career and he lasted until he was 37.

Even if Sale were to suffer a catastrophic injury during these next five years, he is one of those ultra-competitors who would stop at nothing to come back better than

ever. He has that Larry Bird/Tom Brady compete gene in him.

Also throw in that Sale's injury issues have been a tad overblown. He's averaged 33.25 appearances per season since 2011 and in the most "injury-riddled" season of his career, in 2014, he still appeared in 26 games. During the regular season last year, he still pitched in 27 games. Considering that the average MLB starter pitches 30 games per year, those aren't exactly alarming numbers.

So let's sit back and relax on this one. It's a good deal for everyone involved.

The best pitcher in baseball will be wearing a Sox jersey until the middle portion of the next decade.



Chris Sale.

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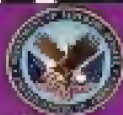
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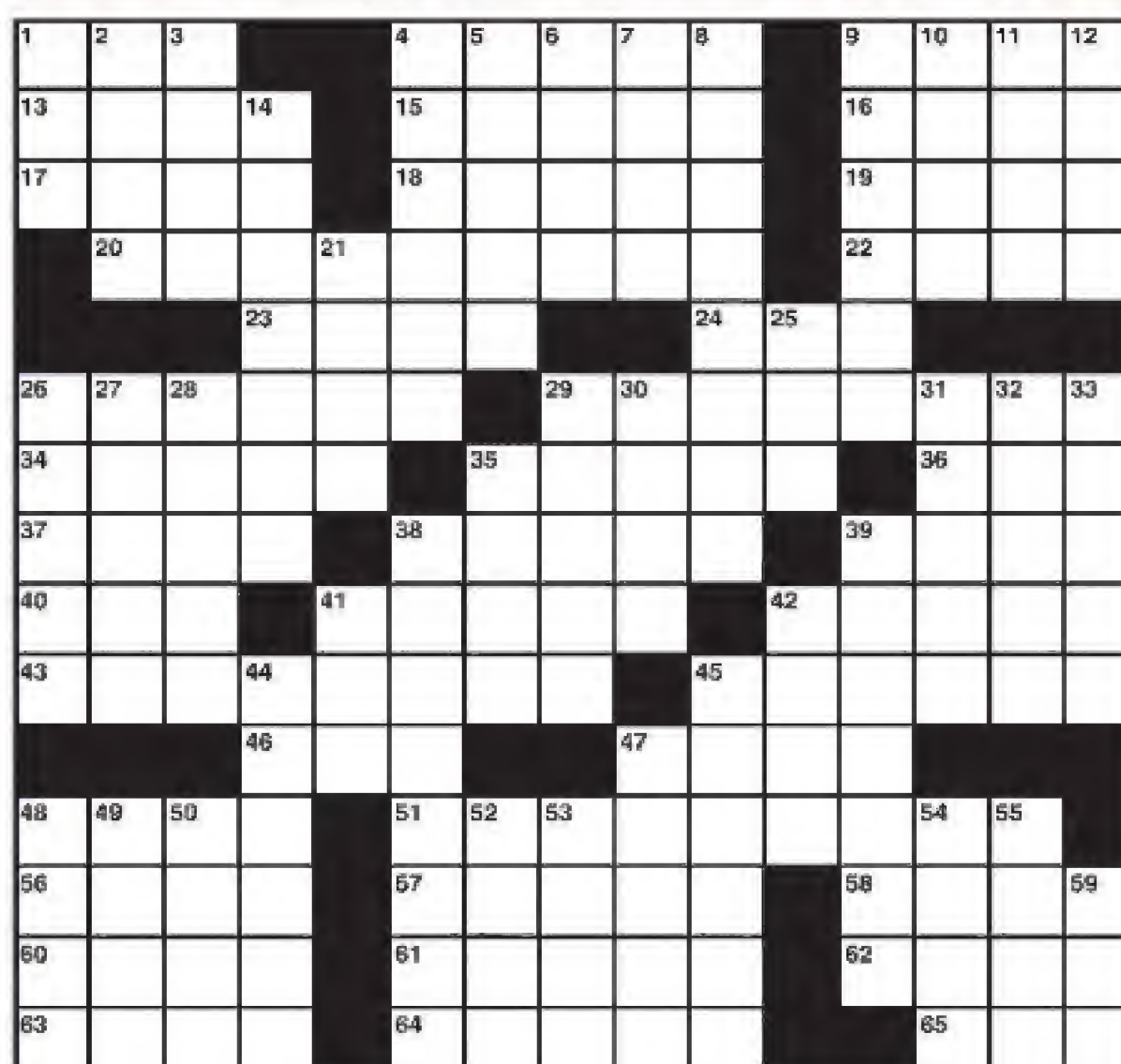
- 1 Playing card
4 Actor Ed
9 Fellow
13 Vehicles
15 "___ of Two Cities"
16 Circle dance
17 The Bee Gees, e.g.
18 Civil rights activist Parks & others
19 Large trees
20 Secret, for one
22 Take ten
23 Fish ___; aquarium
24 ___ to rest; bury
26 Lullaby composer
29 Holmes of fiction
34 Gets up
35 Bullwinkle, for one
36 Actor McBride
37 Zealous
38 Rubber products
39 Read over quickly
40 Traditional breadwinner
41 Guys
42 Seal pipe joints

- 43 More tired
45 Is derelict in duty
46 Org. for Flames & Flyers
47 Swimming spot
48 Big ___; muckety-muck
51 Running
56 Skirt style
57 Korean or Cambodian
58 Christmas carol
60 ___ easy; egg orderer's request
61 1 of the 5 senses
62 VP after Quayle
63 Cowboy Autry
64 Word of welcome
65 ___ Jersey

DOWN

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2 Hallmark store purchase
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7 Vigorous spirit
8 Fidgety
9 Ladd or Ties
10 Opening
11 Upper limbs

- 12 One of the tenses
14 Comforted
21 Water barriers
25 "You ___ what you eat"
26 Paper fasteners
27 Competitor
28 Lay ___; shelve
29 More resentful
30 Does garden work
31 Take place
32 Blackboard "pen"
33 Hose problems
35 Linear measure
38 Follow too closely
39 "I saw three ships come ___ in..."
41 Speedometer letters
42 Use an ax
44 Whole
45 ___ or later; eventually
47 Piece of china
48 Air pollution
49 ___-nots; indigents
50 Yaks
52 As wise ___ owl
53 Roster
54 12 p.m.
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59 Ayres of film fame

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Aries Take better care of your health and emotional well-being. Make positive changes that will encourage proper diet, exercise and a healthy lifestyle. Make a promise to a loved one.



Taurus Look at every angle of a financial deal or joint venture before you decide to engage. False pretenses, flattery and similar means of persuasion should be warning signs.



Gemini Show everyone what you are capable of doing. Talking is not the same as taking action. If you believe in your abilities, show everyone what you have to offer.



Cancer Don't be shy; step into the limelight and strut your stuff. Your engaging intellect, excellent memory and way with words will lead to popularity and interesting offers.



Leo Make better choices when it comes to money, partnerships and your health. Don't follow the crowd or take unnecessary risks. Work at your own speed and explore what truly interests you.



Virgo Keep your life simple, straightforward and doable. Make changes that will enhance your mind, body and soul. Pour your energy into achieving your goals and making a difference.



Libra Taking a day trip or having a heart-to-heart discussion will be eye-opening. Mull over what you discover and make adjustments to your life that will give you freedom and peace of mind.



Scorpio Fixing up your place will give you the push you need to enjoy spending more time at home with good friends and loved ones. Incorporate changes that make your life simpler.



Sagittarius Don't let your emotions run wild and your gullibility lead to costly mistakes. Dig deep, get the facts and make wise choices. Don't let emotions interfere with common sense.



Capricorn A positive change at home will encourage you to make personal physical changes as well. Take better care of your health and emotional well-being. Change begins within.



Aquarius Take pride in what you do. Don't get involved in an impossible pursuit just because someone is putting pressure on you. Explore your interests, not someone else's.



Pisces Make clear choices based on truth and facts. Know what you are capable of and walk away from situations that could damage your status, position or reputation. EUGENIA LAY

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